CERT Remains Ready To Serve Our Communities

The Following CERT COVID-19 response protocols remain in effect:

- Do not respond if you have flu-like symptoms
- CERT Staging/Command Post will be set-up with appropriate separation
- Sign-in/Sign-out will be conducted visually, from safe distance
- Wear face covering at all times that fully covers your mouth and nose
- Use hand sanitizer. We will have sanitizer accessible at Staging
- Maintain minimum 6’ of distance from other persons at all times
- Wear your CERT vest and helmet, have your back-pack with you
- If you do not have your own CERT radio, we will issue you one for the event
- Contact Command on CERT radio Channel 3 PRIOR to leaving Staging
- Drive from Staging to assigned area in separate vehicles, unless arriving together
- Command will conduct radio safety checks every 20 minutes
- **MAKE SURE YOU SIGN-IN AND SIGN OUT!!** Provide your cell phone #
Training Update: Wound Packing Essentials. Bleeding control is a vital skill for everyone and a core essential in the FEMA CERT training curriculum. Wound packing is the practice of inserting sterile material into an open wound, such as in the torso area, where serious bleeding cannot be controlled with a tourniquet. **ALWAYS WEAR YOUR PPE (Mask, Gloves & Eye Protection!)** Scroll down for description.
Step 1: Stop the bleeding. Now! Immediately apply direct pressure to the wound, using gauze, clean cloth, elbow, knee-whatever it takes to slow or stop the hemorrhage-until you have time to get out your wound packing supplies.

Step 2: Pack the wound with gauze. Tightly! Your goal is to completely and tightly pack the wound cavity to stop hemorrhage. Begin packing the gauze into the wound with your finger, while simultaneously maintaining pressure on the wound.

Step 3: Keep packing! The key to successful wound packing is that the wound be very tightly packed, applying as much pressure as possible to the bleeding vessel. This pressure against the vessel is the most important component of hemorrhage control. This explains why plain gauze (without an impregnated hemostatic agent), when tightly packed, is also quite effective.

Step 4: Apply very firm pressure to the packed wound for 3 minutes. This step pushes the packing firmly against the bleeding vessel and aids in clotting.

Step 5: Secure a snug pressure dressing and transport. After applying pressure for 3 minutes, WRAP a snug pressure dressing AROUND the wound. You may consider splinting or immobilizing the area, if possible because movement during transport can dislodge the packing and allow hemorrhage to restart.

Don’t Be Shy!

EMS providers aren’t typically trained to put their finger deeply into wounds, so a natural hesitancy by EMS personnel is understandable. However, please keep in mind that you won’t harm the patient by deeply packing a wound, you’ll help them.

The biggest mistake in wound packing is being timid. Don’t be shy! Be bold! Pack that wound tightly! And, remember to also perform a complete assessment of your patient so as not overlook other life-threatening injuries.

Source of this article:

JEMS, the Journal Of Emergency Medical Services. To access the article that supplied the basis for the above training, access the link below:

TRAINING REFRESHER: CERT Hand-Held Radios

Monterey CERT has an advanced radio system. A key component in this system is our many hand-held radios. These radios allow CERT to maintain communications in any location regardless of the scope or type of emergency. It is vital that every CERT volunteer is very familiar with the use of the radios.

Our radios have two knobs on the top. As seen above, the right knob is the on/off and volume control. The middle knob is the channel control. The antenna is on the left. Antennas appear in 2 basic configurations. We have the solid “rubber-duck” antenna and the 15” high-gain metal antenna.

CERT has 3 different radio channels (middle knob) licensed to us by the Federal Communications Commission (FCC). These are programed into the radio in the channel 1, 2 and 3 positions on the radio. The radio will “speak” when selecting a channel. You will hear a verbal announcement stating one, two, three, etc. This is an easy way to assure you are on the correct channel. The channels are also displayed on the screen. **REMEMBER: ALWAYS KNOW WHAT CERT CHANNEL YOU WILL USING BEFORE LEAVING YOUR NEIGHBORHOOD CONTAINER OR STAGING.** In addition to the three CERT channels, we also have programed 5 public Multi-Use Radio System (MURS) channels into the radios. The MURS channels are in positions 11-15 in the radios. These are short distance, public use radio channels available to anyone. The MURS channels can be used when a CERT team is operating in close proximity and needs a separate channel for communications, such as when searching a building or directing traffic.
The radio controls can be locked by depressing and holding the button on the lower right marked “EX”. This will unlock or lock-out the buttons on the radio. This feature also speaks to you so **depress and hold the button until you have the desired result.** Locking with still allow you to transmit and adjust the volume.

The RED A/B button on the upper left side of the screen controls which of the two channels showing in your screen have the transmit function. A small triangle appears to the left of the channel and this designates your priority/transmit channel. The other channel is monitor only, meaning you will hear transmissions on that channel, but not be able to transmit. **This can be confusing.** Team leaders need to monitor command and tactical channels, for other team members, **it is best to have only ONE channel showing.** You should “clear” the lower channel by pushing the green “TDR” button. To switch to the proper channel, i.e. MURS 11, simply move the center knob until you are on the desired channel.

Avoid using the other buttons on the face of the radio. These include the menu and triangle buttons.

Once you have your radio configured the way you want, depress the EX button on the lower right side of the screen to lock the screen and channel selection features.

There are 3 buttons on the left side of the radio. The top button is your transmit button. Remember, our radios are **NOT** like a cell phone in that you must push the transmit button to speak and release the button to hear a transmission. **To transmit (speak), push the button WAIT FOR 1 SECOND** and then while continuing to push the top button, state your message. When finished with your message, release the button. When transmitting a message, remember the basic rule of transmitting: **What Is It? Where Is It? What Do You Need?** Keep your transmissions to less than 10 seconds.

The middle button on the left side of the radio is your scan button. Depress this button to activate the scan function. The radio voice will announce “Scan Begin” or “Scan Stop. The scan function allows you to listen to all channels on the radio at once. This is also **VERY confusing.** **When using a radio, stay on your assigned channel and assure the radio is in the “Scan Stop” position.**

The lower of the three buttons on the left of the radio operates the radio flashlight. This depletes the battery so use it sparingly.

**REMEMBER TO ALWAYS PRACTICE THE CERT COVID-19 PROTOCOLS WHEN RESPONDING TO AN EMERGENCY OR DISASTER SITUATION.**